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Amendments to the Specification:

Please replace the paragraph beginning at line 30, page 5, with the following amended paragraph:

Optionally, the core can include additives such as lubricants, foaming agents, microspheres, baby powders, fillers such as CaCO_3 , colorants such as TiO_2 silicone copolymers, sucrose stearate, vitamin E, panthenol, aloe, essential oils, e.g. menthol, and combinations thereof.